

TEN QUIET MINUTES, ONCE A WEEK

A weekly GLP-1 check-in

The scale is one number a week. This is everything else – protein, movement, sleep, side effects – reviewed once, calmly, instead of tracked all day.

WEEK OF _____ DOSE _____ SHOT DAY _____

THE IDEA

Daily tracking can turn this process into a second job. A weekly check-in catches the same patterns with a tenth of the effort. Check what happened. Skip what didn't. No grades.

FOOD

The floor, not perfection.

- ☐ Hit my protein floor most days
- ☐ Used a default meal on a busy day
- ☐ Had a fallback ready on a low-appetite day
- ☐ Restocked the staples
- ☐ _____

MOVEMENT

The signal to keep the muscle.

- ☐ Two strength sessions, any size
- ☐ Walked most days
- ☐ Noticed one thing that felt easier
- ☐ Rested without calling it quitting
- ☐ _____

STEADINESS

The quiet stuff that holds the week.

- ☐ Water most days
- ☐ Sleep mostly okay
- ☐ Side effects noted, not feared
- ☐ One meal out, handled my way
- ☐ _____

The numbers, roughly

Counts, not judgments. Fill in what you remember and skip what you don't.

PROTEIN-FLOOR DAYS · OF 7 _____ STRENGTH SESSIONS _____ WALKS _____

WEIGHT TREND _____ SLEEP, ROUGHLY _____ BEST DAY · WHY _____

A WEEKLY GLP-1 CHECK-IN — CONTINUED

What the week is telling me

SECTION A

What got easier this week

Even small. Especially small — that's usually where the real change shows first.

SECTION B

What got harder

No fixing required yet. Naming it is the step.

SECTION C

One thing to carry into next week

Just one. The week only has room for one deliberate change.

SECTION D

A sentence for future me

Something the version of you reading this in six months would want to know about this week.
